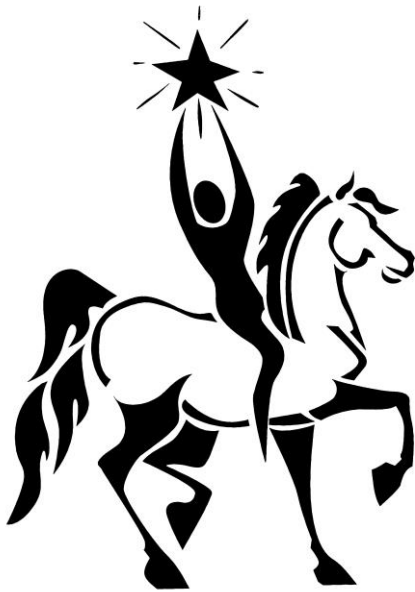


Therapeutic Equestrian Center, Inc.

Newsletter

Spring 2011



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Therapeutic Equestrian Center (TEC)

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413-532-1462**

**info@equestriantherapy.org
www.equestriantherapy.org**

President's Message

A sure sign of Spring at Board meetings for The Therapeutic Equestrian Center is serious concentration on The Future Begins Here, the annual fundraiser which T.E.C. designed and which takes place at The Holyoke Mall at Ingleside on the first Sunday evening in May each year.

With The Mall underwriting the costs of the event, T.E.C. and its partner agencies are able to realize more funds than they could each raise alone. In fact, Future accounts for about one quarter of T.E.C.'s operating budget each year! So be there and support T.E.C.'s FUTURE!

Because of this reward for a lot of very hard work, the entire Board goes out of its way to make the evening very special.

This year The Future Begins Here will celebrate its 20th anniversary so a number of new things will be happening at the Gala. Instead of the usual Balloon Sale, raffle tickets will be available for a chance to win a Subaru 2011 Outback. One thousand tickets will be sold at \$10.00 each. Ten tickets will be drawn at the Gala. Each of the tickets holders will get a chance for one roll of the dice. If one of these people rolls the word "Subaru", the car will be his/hers along with a prize of \$500.00. If no one rolls the word "Subaru", the \$500.00 prize will go to the roller of the most letters in the word "Subaru".

Another new item at the Gala will be a special Future commemorative Flute. Uno's, which traditionally operates the bar at Future and donates all of the gross bar income to Future, is designing a special 20th anniversary champagne cocktail to be served in the flute which the buyer will be able to take home.

Additionally there will be a second bar run by The Paper City Brewery serving microbrewery beers. And the music of the Eric Bascom Jazz Ensemble will again open the evening with the Matthew Larsen Combo playing after the close of the live auction.

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The Therapeutic Equestrian Center, Inc. (TEC) is a private 501(c)(3) organization incorporated in 1984 dedicated to providing physical, learning and recreational opportunities to special needs children and adults. TEC is governed by a Board of Directors and managed by the Executive Director.

President

Sue Ellen Panitch

Vice President

DJ O'Connor

Secretary

Gordon Alexander

Treasurer

Timothy Deshaies

Board of Directors

Dr. John Cowley

Amy LaLonde

Cecile Ploran

James Sutter

Jill Tellier

Debra Vega

Executive Director

Judith Zedonis

Barn Manager

Nora Britton

Instructors

Nora Britton

Cassady Clark

Karen Dahmke

Nancy Karp

Newsletter Editor

Judy Zedonis



Member Center
www.NARHA.org

Think Spring!

As I write this, I am hopeful that we have seen our last winter storm, but I am not so sure! Remember Spring officially started on March 20th. I must say this has been the worse winter I have experienced in a long time. As all my riders and volunteers are aware, TEC was not able to hold many riding classes during January & February, our first session of 2011. It seemed that I had to cancel almost every lesson either because of a storm or extremely cold weather. Than in early February, after many storms, the snow build up on our arena roof was reaching a dangerous level. Many roofs and arenas in our area were collapsing from the weight of all the accumulated snow. So as a safety precaution we closed for a week while the snow was removed.

I must applaud the hardy riders and volunteers that showed up for classes on the days we were able to ride. Thanks to the volunteers that helped shovel and keep the walkways and paddocks accessible; the volunteers that helped take care of the horses and all our riders who couldn't wait for the weather to improve.

With the approach of better weather classes are filling up. The horses are all doing well and are ready to work. We were fortunate to have acquired two new horses during the break; Nugget, a palomino quarter horse and Lacey, a chestnut paint. They are both fitting in very well in the program.

There are even signs of better weather to come; most of the snow has melted, the grass is showing through in spots, the riders are already talking about riding outside and the flowers planted last fall are starting to grow. Things are looking up.

Check out our updated website. Look for TEC on eBay. Visit us on Facebook. Support TEC's fundraising efforts; "Future Begins Here" and our Annual Horse Show. More exciting fundraising ideas are in the works. We need your continued support to provide our services and to improve and grow the program.

I hope you will all continue to submit your articles, letters and brags. Make this your newsletter. TEC is looking forward to another busy and exciting year.

Judy,
Executive Director

President's Message

continued from page 1

We will have fourteen restaurants providing exciting dining opportunities, amazing trips, gift certificates, jewelry and gift items in both the live and silent auctions.

There is still a great deal of work to be done. We are in need of additional Silent Auction items and more important; we need the help of twenty more volunteers willing to help for an hour or two during the evening. For those T.E.C. parents and supporters who can help, a call to Judy Zedonis at T.E.C. will be more than welcomed!

Fabulous items will again be on sale at Future.

A number of T. E. C. supporters have helped put together a collection of wonderful things for both the Live and Silent Auctions. T.E.C. Board member James Sutter is designing an elegant 1/3 carat diamond pendant valued at \$1,350.00 which will be in the Live Auction, along with a fabulous ¾ length grey shearling coat valued at \$1,400.00 donated by designer Cindy Spolek of Yarrow.

The Silent auction will feature a number of terrific theme baskets – from a Readers Basket to an Italian Picnic Basket along with a beautiful four strand Bohemian crystal necklace all donated by T.E.C. Advisory Board member Cecile Ploran. Some of the very best designer items from Party Lite will also grace the Silent Auction tables.

Not yet placed in either auction is a sure to be grandchild's favorite – a Radio Flyer Bouncing Rocking Horse from Highland Hardware! Join us on May 1 at 6:30 p.m. at the Mall to find it!

And there will be more: much, much more! There is space for a few more wonderful items for the Silent auction. Call Judy Zedonis if you can make a donation.

NEW SCHEDULE FOR FUTURE

Future will open at 6:30 p.m. at which time the cash bars will also open and hors d'oeuvres will be served. The Silent Auction will open and remain open until 9:15 p.m. The Eric Bascom Jazz Ensemble will be playing.

Dinner will be served at the various restaurant stations starting at 7:00 p.m.

Live Auction will start at 7:15 p.m. When it ends, the Matt Larsen Combo will take the stage and play until 9:15 p.m.

Sue Ellen Panitch



www.futurebeginshere.org

Thanks to All for making TEC's Winter Fundraisers a Huge Success

Opa Opa Steakhouse & Brewery in Southampton and the American Legion Chapter 351 in Holyoke were the sites of two small but spectacular fundraising events for T. E. C.

In December, the Legion opened its Hall and with Kris Kos Lecca planning a terrific buffet supper and doing the cooking, over fifty T.E.C. supporters enjoyed good food and conversation with Gordon Alexander about the wine pairings which he chose for each course. John Lecca was a great presence, hosting and managing the bar.

Along with the Legion, Liquors 44 helped with the cost of the wines and with a great donation of an iPod amplifying system for a small silent auction which added to the fun. Advisory Board member Cecile Ploran did one of her delightful baskets for the auction as well while Competitive Edge added a fabulous pair of ski goggles and The Odyssey Bookshop was present in the form of a gift certificate. As always Sutter Jewelry provided a beautiful pendant.

All of the guests at the dinner are still talking about how much they enjoyed the evening and are hoping that this will be only the first in a series of dinners!

The evening at the Bar at Opa Opa was a very different kind of party and could not have been more fun! Participants ate in the Bar, served by some notable amateur bar tenders including T.E.C.'s own Dr. John Cowley who arranged the entire party.

Funds were raised during the evening through a number of bar games. The most notable of these followed service of shot glasses of ouzo to all of the attendees when the now empty ouzo bottle was the object of an auction or the right to smash it on the bar floor! After some lively bidding and a number of sweeteners which included a case of OPA OPA microbrewery beer, a bottle of wine and tickets for OPA OPA's Sunday brunch, the bottle was won amid cheers for the sum of \$800.00 and was summarily smashed to the tune of further cheers!

Special thanks to our celebrity bartenders:

Tom Cross
Tom Whiteley
Ed Batchelder
Bill Barcomb
John Cowley
Lisa Murphy
Charity Trempe
Peter Kantos
Laurie Boudreau
Dawn Jock

The two events raised funds which carried T.E.C. through the winter months.

All thanks go to Mrs. Lecca, Mr. Alexander and to Dr. Crowley.

"In riding a horse, we borrow freedom"
Helen Thomson

NOTES FROM THE HORSE DOCTOR:



Horses are People Too:

You might be surprised to know that many infectious diseases of horses are also common with us humans. Probably most notable in our region are West Nile Virus (WNV), Eastern Equine Encephalitis (EEE), Tetanus, Botulism, Ring Worm, Lyme Disease and even Rabies. Most other contagious and non-contagious diseases tend to remain within like animals. For instance, round worms can occur in most animals including humans, but remain selective within each species. On the other hand, ringworm (not a worm but a fungus), is the same across species. Whether a person, dog or horse, any ringworm infection can be spread to any one by direct contact. Not to worry.

EEE and WNV are neurological diseases with similarities, they are spread by mosquitoes feeding on infected birds and then to horses and humans. People and horses can never be a source of infection. EEE is more serious but the State Dept. of Public Health screens mosquitoes routinely for EEE and dead birds for WNV. Effective vaccines are available for horses and all of TEC's horses are vaccinated yearly.

Clostridium botulinum and *tetani* occur in soil and contaminated food also affect the nervous system but in opposite ways. Tetanus forces the body into a rigid state (Lock Jaw), whereas Botulism puts the body into a flaccid state. We protect horses by

avoiding situations where contaminated feed may occur. Puncture wounds are the most common cause of Tetanus, but a very effective vaccine is routinely used in horses.

Rabies is a horrific neurological disease, and like EEE and WNV affect the brain, only Rabies is directly contagious. All mammals can be infected by a rabid carrier. Most domesticated mammals are required to be vaccinated. Currently, in this region Raccoons are the primary reservoir for Rabies and put our animals at risk. In this region most horses and food animals are vaccinated. All TEC horses get a yearly booster.

Lyme disease is found all too frequently in horses (dogs and people too). Unfortunately symptoms of Lyme are varied and can mimic many other diseases. I have seen irritability, depression, lameness and even weight loss. Any client who "Googles" Lyme disease often times comes away convinced their horse has it. Blood tests I utilize are more reliable than ones generally done on dogs and people, but sometimes only create uncertainty. Horses suspected to have Lyme will exhibit a noticeable improvement within 10 days of treatment, however treatment needs to be continued for nearly 2 months. Relapses, or more likely re-infection can happen. Currently, I am recommending yearly vaccination with a double dose of a preferred dog vaccine in recovered horses.

A few years ago I tested 2 horses, one was positive and treated (he is not currently in the program). Horses acquire Lyme the same as dogs and people through the bite of a tick. To infect the host the tick must be attached for more than a day. This is because the tick will only regurgitate after feeding only then "injecting" bacteria into the host. Unfortunately, it is the tiny nymph stage that carries higher amounts of the bacteria. The horses that come in from pasture with adult ticks are rarely the ones with the disease.

John L. Cowley, M.S., D.V.M.

If you have any questions please contact me at, thehorsedoctor@verizon.net.

TEC Summer Horsemanship Program 2011

It is not too soon to start thinking about summer activities. TEC is once again exploring the possibility of offering a safe and fun summer horse orientated program to our riders. It is ideal for those who want to learn more about horses and spend more time with them. Last summer was the first time we tried it with some success. TEC has for many years offered a riding program for the Holyoke Public School children that attend camp at Jericho. We have had requests to offer a similar experience for our riders.

Tentative:

- Sessions to be held at the end of August (dates TBA)
- Small groups
 - One group riding
 - One group participating in unmounted activities
- NARHA instructor present at all times
- A volunteer to be assigned to each participant for the session
- Volunteers to help with all tasks
- ½ day sessions: 9:30 AM to 1:30 PM
- Tuesday – Thursday; 3 Days

Activities to include: (all supervised by volunteers)

- Barn Skills
- Horse Care: cleaning and feeding
 - Grazing Horses
- Grooming/Bathing
- Saddling
- Tack Cleaning
- Riding session – trail ride weather permitting
- Horse related crafts
- Horse related videos and games
 - Hiking on the beautiful paths of Jericho
- Bring your own picnic snacks/lunch
- Last day TEC to provide lunch
- TEC T- shirts
- Certificates awarded at end of session

Please contact Judy to discuss. It is not too early to start planning. All ideas and suggestions are welcome. Your input is needed. Let me know what you think should be included in our program. We want something for everyone to enjoy. If there is enough interest we will try it again this summer.

How Can You Help?

The Therapeutic riding program provides a tremendous amount of benefit to individuals with disabilities. But the care of the horses and facility makes the program quite costly to operate.

You can make a difference in many ways.

Sponsor a rider: a six-week session of group lessons cost \$180. Donations to the Rider's fund will provide financial assistance for riders in need.

Sponsor a horse: Caring for a horse costs TEC approximately \$350 a month. Your donation could off set some of the cost.

Support TEC's Fundraising events: participating and attending "Future Begins Here", Advertise in our Horse show program Book. There are many ways you can help.

United Way for TEC: The Therapeutic Equestrian Center, Inc. is a qualified 501(c)(3) Agency. With this status, TEC qualifies as a designated receiver of donations through the United Way.

Florence Savings Bank

Customers' Choice Community Grants Program

Each year, Florence Savings Bank donates \$50,000 to local, non-profit organizations. FSB customers have the opportunity to cast a ballot to decide where the money will go. Please cast your vote for TEC. This annual program runs from Jan 1st to Dec 31st.

If you are interested in making a contribution to help support TEC please contact the office at 413-532-1462 or info@equestriantherapy.org. All contributions are tax deductible to the extent allowed by law.

We do appreciate your help.

Volunteer Positions available at TEC:

- Volunteer Coordinator
- Barn Help
- Horse Leaders during lesson
- Sidewalkers during lessons

Therapeutic Equestrian Center

WISH LIST

Hay

Bagged Shavings

Corner Feed Tubs

Flat back or corner water buckets

Cat Food (dry) & Kitty litter

Cleaning products

Hot & Cold cups

Keurig coffee, tea or hot chocolate

Garbage bags

Kleenex

Paper towels

Toilet paper

Gift Certificates to:

Feed Stores; Tack Shops;

Office Supply Stores & Hardware Stores

Snacks & Drinks for the volunteers & riders

Volunteers to help in the program

TEC launches new Web site!

Equestriantherapy.org is all new and better than ever! With an updated design, more information about our programs and the benefits of equestrian therapy, and all new photographs of our facility, horses, staff/volunteers and riders, it's more helpful and informative than ever. Of special note to our supporters, we can now accept donations online!

We've also joined MissionFish's Ebay charitable giving program, so you can support TEC while buying or selling on Ebay- visit the website for more information and a link to the correct Ebay pages.

Also, please note our wish list of items needed for the program, and the other ways volunteers can support TEC and our mission to help kids, adults and veterans through equestrian therapy. Visit us at www.equestriantherapy.org!

TEC **Calendar of Events 2010- 2011**

2nd Monday of the Month: TEC Board of Director's Meeting, for more info call TEC at 413-532-1462

May 1: "Future Begins Here" Gala Fundraiser at Ingleside Mall, Holyoke, MA to benefit the children of the Pioneer Valley: The Therapeutic Equestrian Center, Inc.; Holyoke Rows, Inc.; and Holyoke Public Library. All monies raised go directly to the organizations involved.

**Watch for More Special Events
to be Announced**

TEC – Cancellation Policy

TEC follows the same schedule for cancellations as the Holyoke School system. If Holyoke schools are closed due to bad weather TEC will cancel classes.

If you have any questions please do not hesitate to call TEC at 413-532-1462 to find out if classes have been cancelled. If we are unavailable to answer the phone there will be a message on the answering machine at TEC with that information.

Ways to Support TEC

There are many different ways to help TEC out in our mission. We ALWAYS need volunteers both for the rider programs and for general maintenance. We have two wish lists posted on our website- one for ongoing needs and one for one-time needs. Monetary donations are always welcome and much needed- join the Friends of TEC, or make a general donation, or help build our Endowment Trust Fund. You can donate by mail or online- visit the Website or more information. Finally, spread the word! Help build awareness of TEC and our mission, and get more people to visit the Website, the facility, and our fundraising events such as Future Begins Here! For more information, visit TEC at www.equestriantherapy.org.

TEC Class Schedule

March/April 2011 – Session #2

Monday:

Feb 28 to April 11, 2011
7 week session
Groups at: 4:00, 5:00 & 6:00 PM

Tuesday:

March 1 to April 12, 2011
7 week session
Groups at: 9:30 AM, 10:30 AM,
11:30 AM & 12:30 PM

Wednesday:

March 2 to April 13, 2011
7 week session
Groups at: 4:00, 5:00 & 6:00 PM

Thursday:

March 3 to April 14, 2011
7 week session
Groups at: 3:00, 4:00, 5:00 & 6:00 PM

Friday:

March 4 to April 15, 2011
7 week session
Groups at: 3:00, 4:00, 5:00 & 6:00 PM

May/June 2011 – Session #3

Monday:

April 25 to June 20, 2011
8 week session (no class Mon, 5/30)
Groups at: 4:00, 5:00 & 6:00 PM

Tuesday:

April 26 to June 21, 2011
8 week session (no class 5/31)
Groups at: 9:30 AM, 10:30 AM,
11:30 AM & 12:30 PM

Wednesday:

April 27 to June 22, 2011
8 week session (no class 6/1)
Groups at: 4:00, 5:00 & 6:00 PM

Thursday:

April 28 to June 23, 2011
8 week session (no class 6/2)
Groups at: 3:00, 4:00, 5:00 & 6:00 PM

Friday:

April 29 to June 24, 2011
8 week session (no class 6/3)
Groups at: 3:00, 4:00, 5:00 & 6:00 PM